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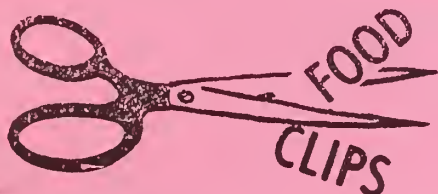
# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
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(November '76)
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Water is essential to the diet -- it's a nutrient that is often overlooked... Water frequently provides some minerals, too, according to USDA home economists.

\* \* \*

What are legumes? They are plants, such as peas and soybeans which grow a pod containing seed.

\* \* \*

Did you know that the body needs as many as 18-20 different minerals to regulate the body processes and build certain body structures.

\* \* \*

Dried fruits such as raisins or prunes are richer in carbohydrate than juicy ones such as oranges, grapes, and plums.

\* \* \*

Nearly all fats from plant sources are unsaturated -- except coconut oil, which is highly saturated.

\* \* \*

Olive and peanut oil are examples of unsaturated fatty acids.

## WHAT'S AHEAD?

### OUTLOOK FOR FRUITS AND NUTS IN '77

Good news on almonds! A big almond crop is forecast for this season--the largest on record. It will more than offset the smaller crops of pecans (smallest pecan crop since 1962) and small crops of filberts and walnuts.

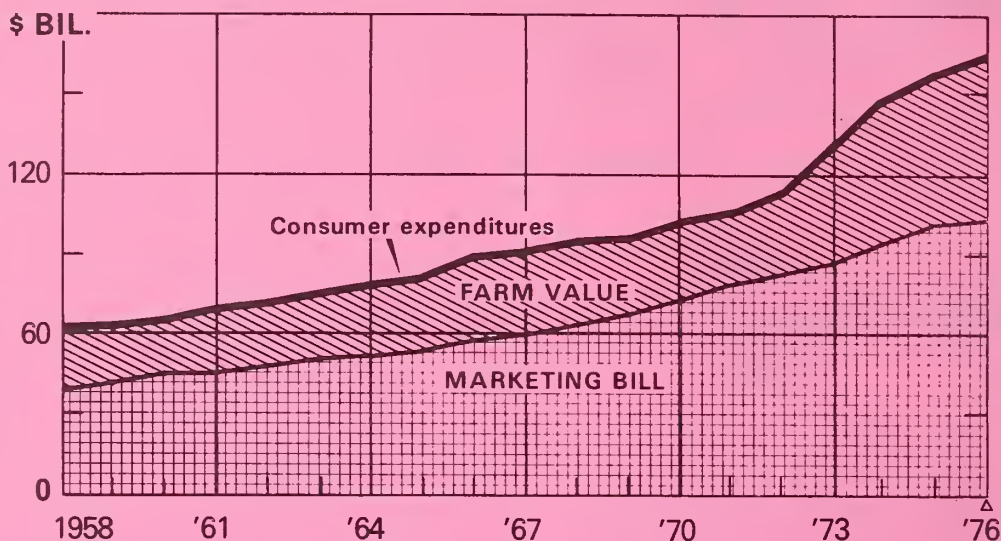
Citrus crops are expected to be at a record high -- about 15% above last year's record crop. The grapefruit crop forecast may exceed last season's record by 18%.

But -- non-citrus crops will be well below 1975 levels. This decrease is due to fewer apples, grapes, and tart cherries. And, in the frozen fruit line, there will be fewer blackberries from Oregon and Washington -- slightly less than in 1975. The total packs of frozen blueberries were down and boysenberries (in Oregon) -- were 41% less than a year earlier. Frozen cherries were 46% off a year earlier, according to the Outlook reports from the U.S. Department of Agriculture.

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USDA- 3739-76

## FARM-FOOD MARKETING BILL AND CONSUMER FOOD EXPENDITURES



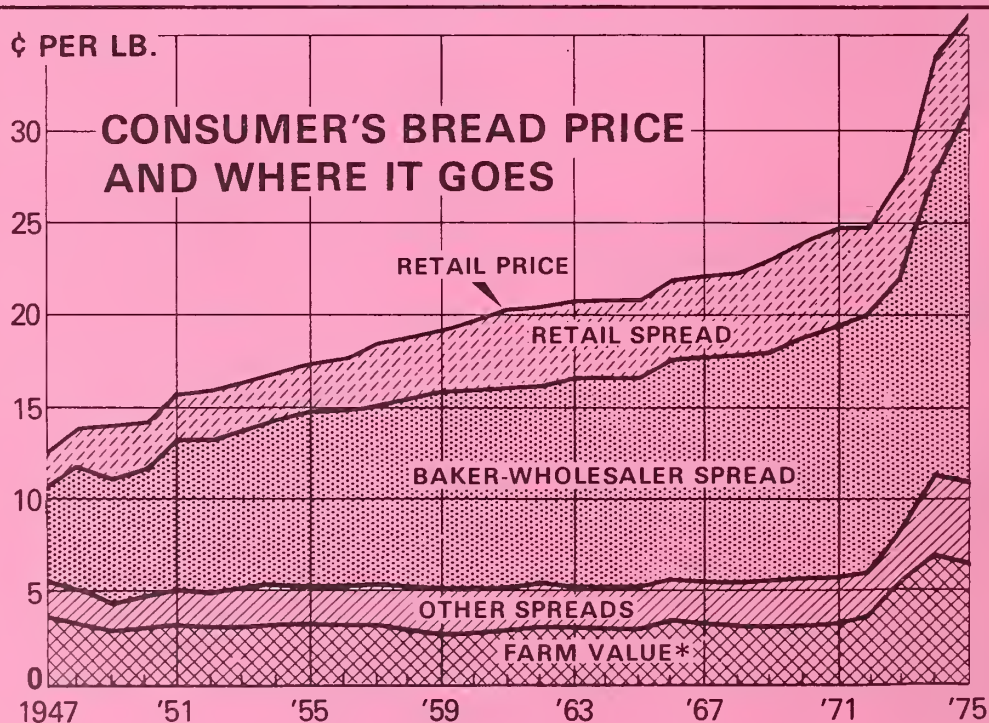
FOR DOMESTIC FARM FOODS PURCHASED BY CIVILIAN CONSUMERS FOR CONSUMPTION BOTH AT HOME AND AWAY FROM HOME. ▲ PRELIMINARY.

USDA

NEG. ERS 961-76 (9)

¢ PER LB.

## CONSUMER'S BREAD PRICE AND WHERE IT GOES



\*ALL INGREDIENTS INCLUDING MILLER'S MARKETING CERTIFICATE FROM JULY 1964 TO JUNE 1973.

USDA

NEG. ERS 8095-76 (9)

\*Prepared by the Economic Research Service of the U.S. Department of Agriculture. Slides/Prints of these charts are available to the PRESS for reproduction if requested to the Editor of Food and Home Notes.



## COST OF FOOD AT HOME FOR A WEEK (NOVEMBER 1976)

	Thrifty plan	Low-cost plan	Moderate- cost plan	Liberal plan
FAMILIES				
Young couple.....	\$22.20	\$29.10	\$36.50	\$43.90
Elderly couple.....	19.80	25.80	32.10	38.40
Family of 4 with preschool children.....	31.50	41.00	51.10	61.30
Family of 4 with elementary school children.....	38.00	49.40	62.00	74.50
INDIVIDUALS*				
Women				
20-54 years.....	9.10	11.90	14.80	17.70
55 years and over.....	8.20	10.70	13.20	15.70
Men				
20-54 years.....	11.10	14.60	18.40	22.20
55 years and over.....	9.80	12.80	16.00	19.20
Children				
1-2 years.....	5.10	6.60	8.10	9.70
3-5 years.....	6.20	7.90	9.80	11.70
6-8 years.....	7.90	10.20	12.80	15.40
9-11 years.....	9.90	12.70	16.00	19.20
Girls 12-19 years.....	9.40	12.10	15.10	18.00
Boys 12-14 years.....	10.60	13.60	17.00	20.40
15-19 years.....	11.60	15.00	18.80	22.60

\* Cost of food at home for any family can be figured by totaling costs shown for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of papers describing USDA's thrifty food plan (used in setting the coupon allotment in the Food Stamp Program) and the three more costly plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Maryland 20782.

## DID YOU KNOW THAT ———

-- If all Americans set down to dine together, side by side, the dinner table would stretch 81,000

miles -- more than three times around the earth?

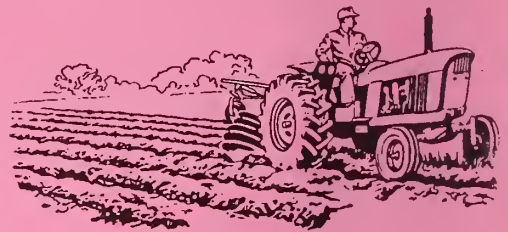
--There are about two and one-fourth billion acres of land in the United States...less than half of that is farmland according to Economic Research Service of the U.S. Department of Agriculture.

This is an average of 5 acres of farmland per person -- five acres that must yield most of the food we eat in a year, plus the natural fibers for our clothes and the wood for our shelter, plus other uses.

--Altogether, there is an average of  $10\frac{1}{2}$  acres of land per person in the country. Less than half of that is farmland.

--In 1776, the farmer produced enough food for himself and 2 other people. Today, he feeds himself and 56 others. By the year 2,000 he'll be asked to grow enough food for himself and 77 other people on about one-fifth less land than he farms today.

-- As the number of people grow, your five acres skrink. How's that?...in 1900, there were 11.5 acres per person. By 1930, this was down to 8 acres ...By the year 2,000 your share of farmland will drop to 4 acres.




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